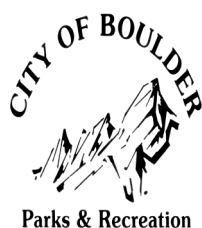


Journeys through EXPAND
Providing Affordable Fitness, Leisure and Cultural Arts Programs for
Adults with Mild Traumatic Brain Injury and other similar Neurological
Conditions.

Spring/Summer Programs—2014
Registration Starts NOW!



How to Register for classes.

1. Phone in at 303-413-7270 (credit card & course code required) or
2. Walk in at East or North Centers: Mon-Fri, 8:30-5:30 p.m., South Center: Mon-Fri, 9 a.m.—1 p.m. Addresses are the following: East—5660 Sioux Drive, North—3170 Broadway, South—1360 Gillaspie, or
3. Call Cory at 303-413-7269 and arrange another way to make your payment.

Please note. If you cannot pay the full price for class, we do have a sliding fee scale. Please call Cory at 303-413-7269 to inquire.

Watercolor —Monday

The beauty of working with watercolors lies in its spontaneous process and its transparent quality. Students will learn color in progression from light to dark and color blending, allowing the colors to spread, mix or blend. Instructions will focus on individual expressions and ability. Instructor, Barbara Cox-Bixby

Apr 14-May 19 (6 classes)

Time: 1:30-3:30 p.m.

Fee: \$40

Course Code: 212282

Location: North Boulder Recreation Center—Bison Room.

Aquatic Fitness & Ai Chi—

Tues—Class entails 30 minutes of water fitness and 30 minutes of Ai Chi. Aquatic Fitness will include water jogging, aerobics, strength training, and flexibility training. Ai Chi uses a combination of deep breathing, and slow, broad movements of the arms, legs and torso in flowing continual patterns.

March 18-April 29 (6 classes)

NO CLASS MARCH 25

Time: 2-3 p.m.

Fee: \$30

Course Code: 209841

Location: EBCC

Therapeutic Yoga—Weds

This class will focus on gentle, safe yoga postures to balance the mind, muscles and physiology. It will be taught by a licensed physical therapist and Kripalu Yoga instructor, Lori Batcheller.

March 12—April 30 (8 classes)

Course Code: 209839

June 4-July 23 (8 classes)

Course Code: 212285

Time: 1:30-3 p.m.

Fee: \$50 for each 8 week class

Location: North Boulder Recreation Center—Yoga Room

Golf 4 Fun—Thursday

Learn the fundamentals of golf through 5 one hour lessons taught by a golf professional. Adaptive golf cart provided if needed.

June 12—July 10 (5 classes)

Time: 11-12 p.m.

Fee: \$45

Course Code: 212286

Location: Flatirons Golf Course

Hoopng—Friday

Hula hooping will burn calories, increase hand-eye coordination and create new pathways in the brain. The benefits are endless. Taught by Brooke Null.

April 11—May 9 (5 classes)

Time: 1:30-2:30 p.m.

Fee: \$25

Course Code: 212284

Location: North Boulder Recreation Center—Multi purpose room.

Want to learn more about

EXPAND's Adaptive Water-ski program that starts June 17th? Call Cory at 303-413-7269.

Pottery— Friday

Throwing on the potter's wheel involves learning how to wedge, center the clay, and perform shaping techniques to produce basic forms. Students will learn hand building, basic glazing and be introduced to the firing process. Instructor, Nancy Utterback

Apr 4—May 23 (8 classes)

Time: 2-4:30 p.m.

Fee: \$85

Course Code: 212283

Location: Pottery Lab, 1010 Aurora, Boulder

Wildflowers Tea Room, Broomfield

We will have high tea which will include homemade scones with English Devonshire cream, soup or salad, finger sandwiches, hor d'oeuvres and assortment of desserts. A selection of teas will be served throughout. Gluten Free options available.

April 17—Thursday

Time: 11-2 p.m.

Fee: \$10

Course Code: 212287

Meet at East Boulder Community Center.

Denver Zoo

Enjoy a relaxing afternoon at the Denver Zoo.

June 5—Thursday

Time: 1-5 p.m..

Fee: \$10

Course Code: 212288

Meet at East Boulder Community Center

dislabled: Disorderly Conduct!

is the third installment of PHAMALY's all-original comedic series. It is coming to the Dairy Center for the Arts located at 2590 Walnut Street in Boulder. See dates and times below.

Friday, April 25 - 7:30 p.m.

Saturday, April 26 - 2 p.m.

Saturday, April 26 - 7:30 p.m.

Sunday, April 27 - 2 p.m.

\$20 general admission. Tickets can be purchased by calling the Dairy Box office at 303-444-7328.

Please note that this is NOT being offered through Journeys. However, I encourage you to grab a friend and attend if possible. I am sure you will not stop laughing!

Please Note! All classes are on a first come, first serve basis and have size limits. Therefore, it is important to register early. If we do not get enough individuals to register for a class we will cancel the class and provide you a full refund. ***We understand that not everyone can pay the full amount of a class. If this is your case, please call Cory at 303-413-7269 and ask how you can get an additional reduced rate. The most important thing to us is your participation. We will make sure it is affordable for you!***

The staff will call you prior to each class you register for to remind you of what to bring and what to expect.

It is highly recommended to attend all classes in order to either complete a project or to get the maximum benefit from the class. We hope to see you soon!